



shire of Ashburton
opportunity to community

TOM PRICE HARMONY DAY COOKBOOK

A celebration of our diverse community in 2022

COLLATED BY THE SHIRE OF ASHBURTON



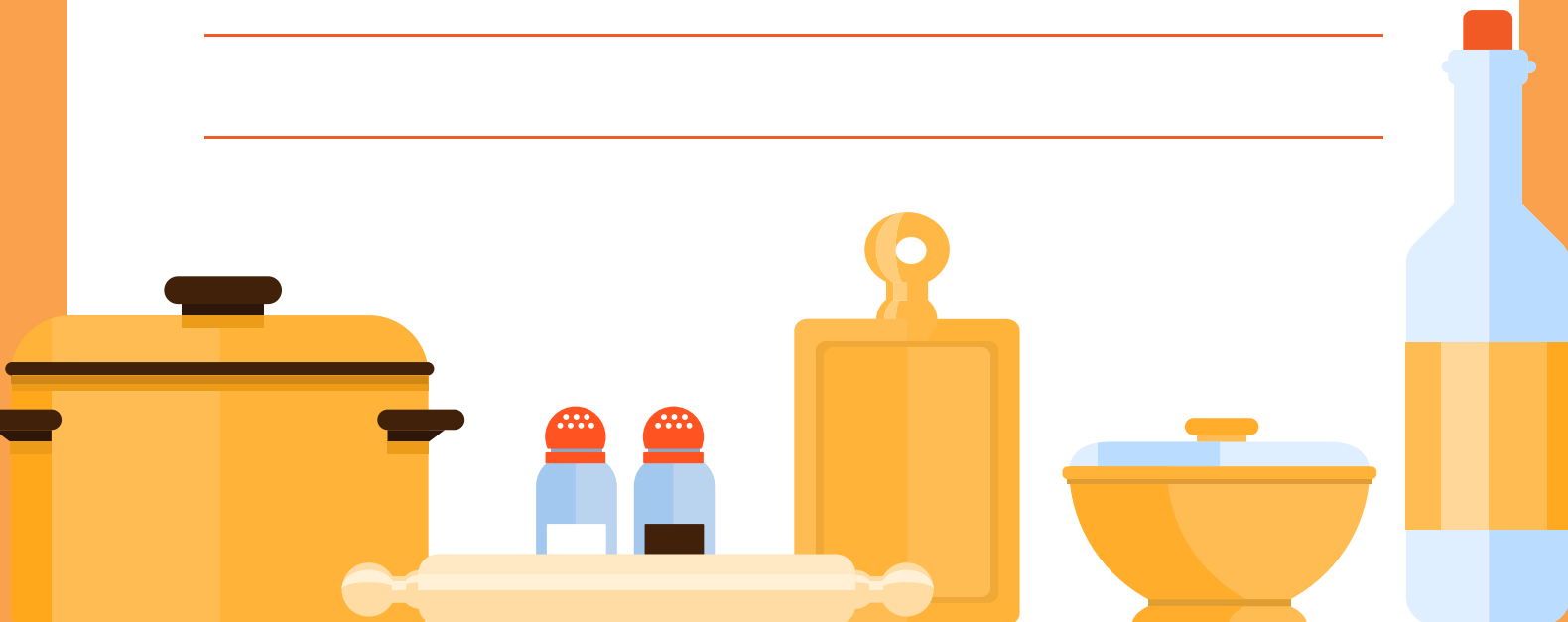
shire of Ashburton
opportunity to community

About the Cookbook

Recipe

The Tom Price community has come together to
share family recipes that are significant to them
as part of our 2022 Harmony Day Celebrations.

Thank you to everyone who submitted a recipe
towards this project, and we hope you enjoy
trying the recipes for yourself!



Mince & Clapshot

By Leona Stevenson
Recipe from - Scotland

Ingredients

Mince

- Regular beef mince
- Diced onion
- Diced carrot (optional)
- Gravy powder
- Water

Clapshot

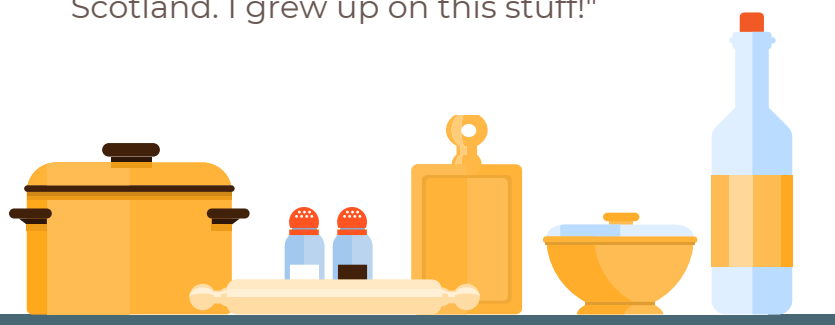
- Peeled and chopped potatoes (called tatties in Scotland - choose a type suitable for mashing)
- Peeled and chopped swede (called neeps in Scotland)
- Knob of butter
- Salt & pepper

Method

1. Brown the mince, pour off any additional fat, add the onion and fry for a little longer until the onion has softened
2. Add water to the pan so the mince is almost covered and cook on a very low heat for about an hour
3. Add carrots & continue cooking for another hour so mince is tender and carrots cooked
4. Add gravy powder to the mince to make a thick gravy
5. Half an hour before mince is cooked, boil the neeps and tatties together until soft
6. Mash together with butter and salt & pepper to taste
7. Serve the clapshot with the mince and gravy on the side or poured over the top

Notes

"This is a recipe from the Orkney Islands in Scotland. I grew up on this stuff!"



Stir Fry Tofu in Garlic Braised Minced Pork

By Elaine Olsen
Recipe from - China

Ingredients

- Firm tofu (one packet)
- Minced pork (300 grams)
- Garlic (2 cloves)
- Shallots (3 bulbs)
- Spring onions (2 stalks)
- Light soya sauce (2 tablespoons)
- Dark thick Chinese caramel sauce (1 tablespoon)
- Cornflour (5 tablespoons)
- Sesame oil (1 teaspoon)
- Vegetable oil (1 cup)



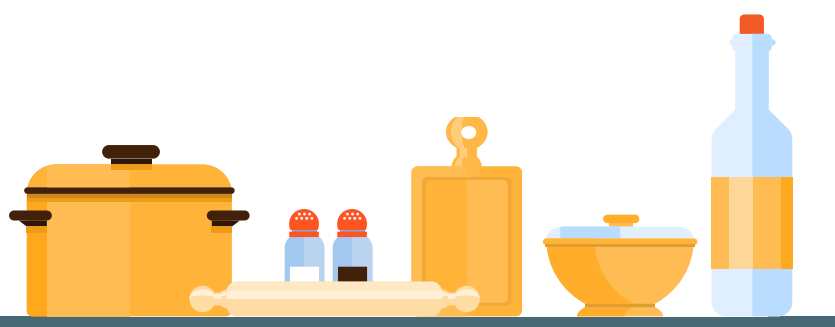
Method

Garnishing

1. Cut spring onions into small pieces
2. Cut shallots into small pieces. Fry in hot oil until brown and toasted
3. Put to one side

Cornflour mix

1. Add 2 tablespoons of cornflour to half a cup of water.
2. Mix thoroughly
3. Put to one side



Stir Fry Tofu in Garlic Braised Minced Pork

Method cont.

Meat preparation

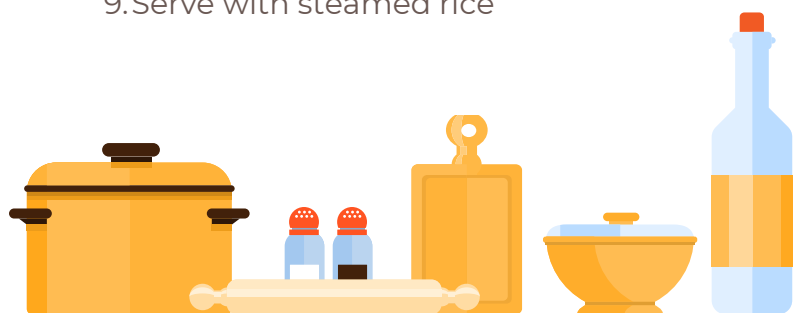
1. Finely chop garlic and place into minced pork
2. Add 3 tsp of soya sauce to minced pork
3. Add 1.5 tbsp of cornflour to minced pork
4. Mix thoroughly
5. Leave to marinate in fridge for 30 minutes

Tofu preparation

1. Cut tofu into squares approximately 3cm x 3cms
2. Heat up pan/wok, then pour 4 tablespoons of vegetable oil into pan or wok
3. Allow oil to heat up (oil should not be smoking)
4. Place cut tofu into oil
5. Brown each side of the tofu
6. Remove from oil
7. Leave stove turned on

Cooking instructions

1. Add more vegetable oil into pan/wok (2 tablespoons). Allow oil to heat up
2. Place minced pork mix into pan/wok and stir fry meat until brown and cooked
3. Add thick dark Chinese caramel sauce, add more soya sauce to taste if required
4. Add tofu into the mix, gently stir
5. Add cornflour mix into the mix, until sauce thickens.
6. Serve into large dish
7. Garnish with spring onions and toasted shallots
8. Pour 1 teaspoon of sesame oil over mix
9. Serve with steamed rice



Indonesian Beef Ribs

By Audra Smith
Recipe from - Indonesia

Ingredients

- 1kg beef ribs

Brine

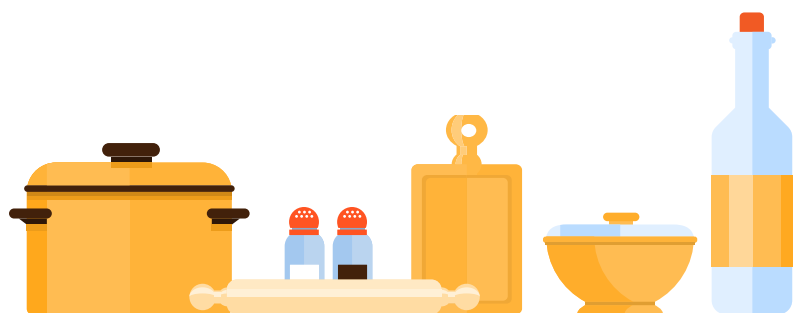
- 1.5L Water
- 3 tbsp of salt
- 3 cloves garlic
- 2 stalk lemongrasses (bruised)
- 5cm galangal (bruised)
- 5cm ginger (bruised)
- 2-star anises

Beef marinade

- 7 tbsp ABC Kecap Manis
- 7 tbsp honey
- 5 closed garlic (grated)
- 5cm ginger (grated)
- 1 tbsp sambal oelek (add more if you like a bit of a kick)
- 1 ½ tbsp Oyster sauce
- 1 ½ tbsp light soy sauce
- 4 tbsp apple cider vinegar

Method

1. In a large pot, add all the ingredients of the brine
2. Soak ribs in brine for 1 ½ hours
3. Bring brine and beef ribs to a boil and simmer for 1 ½ hours on medium heat
4. Let the ribs cool in the brine and once cool put ribs and brine in the fridge to brine overnight

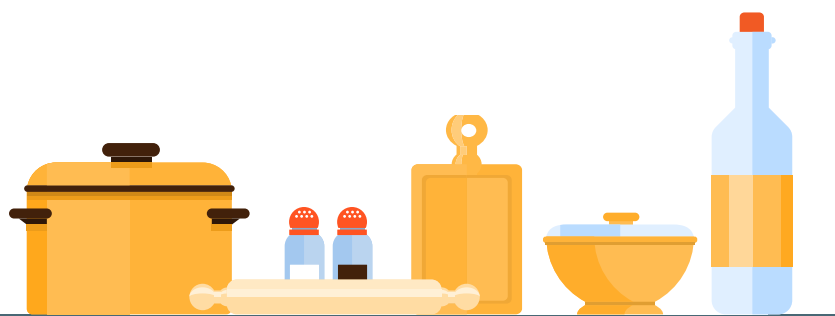


Indonesian Beef Ribs

By Audra Smith
Recipe from - Indonesia

Method cont.

5. Mix all marinade ingredients in a bowl. Put $\frac{1}{4}$ aside in a pot and bring it to a boil and store in fridge for glazing ribs once cooked. Save rest of marinade for coating ribs next day.
6. Remove ribs from brine and coat with marinade. Leave in fridge for 4 hours or overnight.
7. Cook ribs on hot BBQ for 5 -7 mins on each side until marinade caramelises, basting as you grill
8. Rest ribs and serve with cooked reserved marinade before serving
9. ENJOY!!



Pork Adobo

By Florinda Paddon
Recipe from - Philippines

Ingredients

- 2 tbsp vegetable oil
- 1 kilo pork shoulder (cut into small size)
- 1/4 cup vinegar
- 2/3 cup soy sauce
- 6 cloves garlic
- 1 bay leaf
- 1 tsp peppercorns
- 2 tsp sugar
- 3 cups water

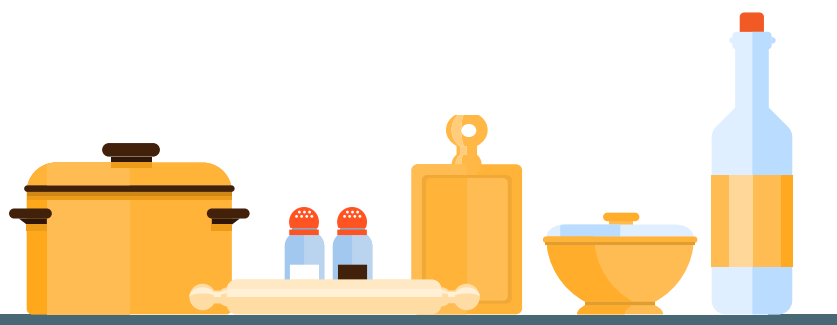
Method

1. In a medium size pot over medium heat, add the oil and sear the pork on all sides
2. Add all the ingredients to the pork
3. Cover and simmer for one hour. The meat should be tender and melt in your mouth due to its softness
4. The outcome should be a tangy savoury dish which the family will enjoy
5. Serve hot with plain white rice



Notes

Pork Adobo is a famous Philippine dish. It is a special dish which we cook only on special occasions because pork is expensive to buy in my country. Pork adobo is a tangy savoury dish serve hot with plain rice. You can also substitute chicken or fish.



Fridge Cake

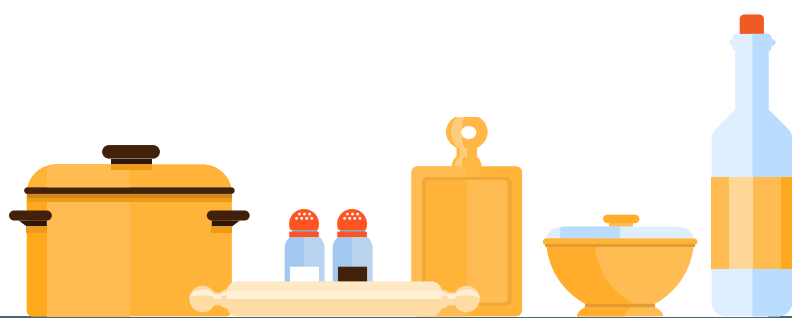
By Helen Pickering
Recipe from - South Africa

Ingredients

- 250ml whipping cream, whipped to soft peaks
- 2 packets of nice biscuits (although you will probably use less)
- 375g tin of caramel (Nestle Top 'n' Fill)
- 20ml caster sugar
- 3 Peppermint Crisp chocolate bars, crushed

Method

1. Prepare a plate (square if possible). Spread caramel filling on the flat side each nice biscuit (be generous)
2. Layer these biscuits caramel side up
3. Place these biscuits in the shape of a square 2.5 – 3 biscuits wide
4. Layer the biscuits like jenga Each layer in is the opposite direction.
5. Continue until your cake is tall enough or you've run out of biscuits
6. Finish by covering the stacked biscuits with the remaining caramel
7. Whip the cream, add in sugar and beat until well mixed
8. Cover all sides of the cake in the whipped cream, making sure all sides are covered.
9. Add the crushed peppermint crisp bar on top of the cake to finish
10. Refrigerate for at least 4 hours
11. Cut into squares and serve



Lamington Pavlova Cake

By Tom Price Senior High
School
Recipe from - Australia

Ingredients

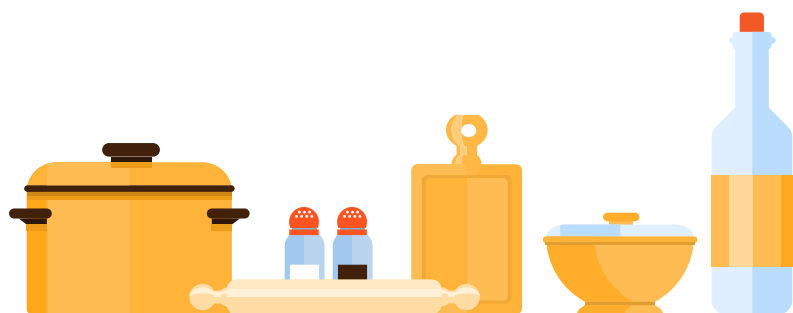
- 500g packet frozen raspberries
- 2tspb caster sugar
- 600ml tub thickened cream
- 1/4tsp vanilla bean paste
- Fresh raspberries, to serve
- Pure icing sugar, to serve

Sponge cake

- 5 eggs , at room temperature
- 3/4 cup caster sugar
- 1/2 tsp baking powder, vanilla
- Bean paste
- 1 cup plain flour, sifted
- 1 tsp baking powder
- 1 1/2 cup pure icing sugar
- 1/4 cup cocoa powder
- 2 cups desiccated coconut

Pavlova

- 3 egg whites, at room temp
- 3/4 cup caster sugar
- 1 1/2 tsp cornflour
- 1 tsp white vinegar
- 1/2 tsp vanilla bean paste



Lamington Pavlova Cake

By Tom Price Senior High
School
Recipe from - Australia

Method

1. Preheat oven to 180C/160C fan forced. To make the sponge cake, grease 20cm round cake pans and line the base and sides with baking paper. Use an electric beater to beat in the eggs and sugar in a large bowl until thick and pale. Beat in the vanilla bean paste then use a large metal spoon to gently fold in the flour and baking powder until well combined. Divide evenly between the prepared pans and smooth the surface. Bake for 20 minutes or until the cakes spring back in the centre when lightly touched. Set aside for 5 minutes before turning the cakes out to completely cool.

2. Place icing sugar and cocoa in a bowl. Add 90ml of water and mix until combined. Transfer to a large shallow bowl and place half the coconut on a baking tray, spreading it out over just half of the tray. Line a separate large baking tray with baking paper and set aside. Dip one cake into the chocolate icing, coating all over. Allow excess to drain off, then roll in the coconut to coat, using the remaining 1 cup coconut to sprinkle over the top and base of the cake completely. Transfer to prepared tray. Repeat with remaining cake. Place in the fridge for 1 hour or overnight to set.



Lamington Pavlova Cake

By Tom Price Senior High
School
Recipe from - Australia

Method cont.

3. To make the pavlova discs, preheat the oven to 120C/100C fan forced. Grease two 20cm round cake pans and line base and sides with baking paper. Use an electric beater to beat egg whites in a large bowl. Beat until firm peaks form. Gradually add sugar, 1 tsp at a time, beating until thick and glossy. Beat in the cornflour, vinegar and vanilla bean paste until combined. Divide mixture evenly and smooth the surface. Bake for 40 minutes or until pale gold in colour. Set aside to cool for 30 minutes before removing from pans.

4. Place the raspberries, caster sugar and 2 tbs of water in a 20cm saucepan over medium-high heat. Cook, stirring often until the berries become a slight sauce. Transfer to a bowl and allow to cool completely

5. Use an electric beater to beat the cream and vanilla in a bowl until soft peaks form

6. Place a lamington cake on a serving plate. Top with 1 pavlova disc, half the cream and half the raspberry compote. Top with remaining lamington cake the remaining pavlova disc, cream and the raspberries. Top with fresh raspberries and dust with icing sugar



Tim Tam Cheesecake

By Tom Price Senior High
School
Recipe from - Australia

Ingredients

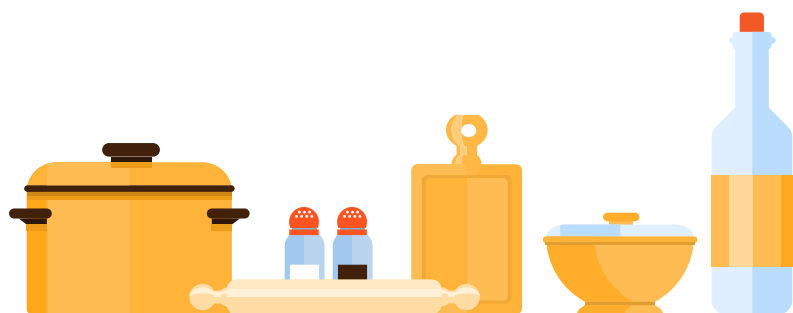
- 150g Arnott's Granita Biscuits
- 200g pkt Arnott's Original Tim Tam
- 100g butter, melted, cooled slightly
- 3 tsp gelatine powder
- 60ml (1/4 cup) boiling water
- 500g cream cheese, room temperature
- 100g (1/2 cup) caster sugar 300ml ctn thickened cream 100g milk chocolate, melted 100g dark chocolate, melted
- whipped cream, to serve

Method

1. Release the base of an 8cm- deep, 22cm (base measurement) springform pan and invert. Grease the base and line with baking paper, then secure back in the pan, allowing the edges to overhang. Grease the side and line with baking paper

2. Process the Granitas and half the Tim Tams in a food processor until finely crushed. Add the butter and process until well combined. Transfer the biscuit mixture into prepared pan. Use a straight-sided glass to spread and press the mixture over the base of the pan. Place in the fridge for 30 minutes to chill

3. Place the boiling water in a small heatproof glass. Sprinkle over the gelatine. Stir until gelatine is dissolved.



Tim Tam Cheesecake

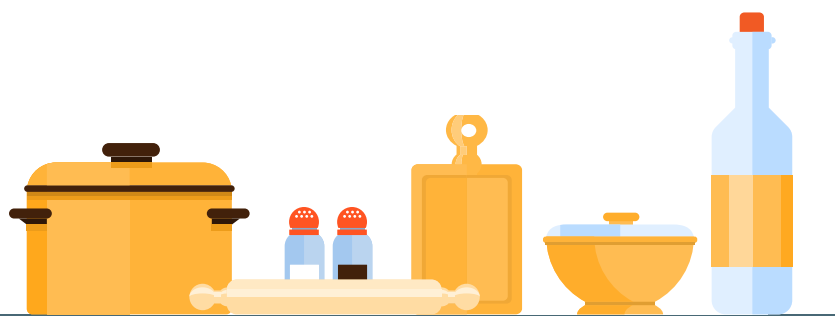
By Tom Price Senior High
School
Recipe from - Australia

Method cont.

4. Set aside. Use an electric mixer to beat cream cheese and sugar in a bowl until smooth. Add cream and beat until smooth. Add the gelatine mixture and beat to combine. Divide mixture between 2 bowls. Add the melted milk chocolate to one of the bowls and stir to combine. Pour over the biscuit base and smooth surface. Place in the freezer for 15 minutes

5. Fold the dark chocolate into the remaining cream cheese mixture until combined. Pour over the milk chocolate layer and smooth the surface. Place in the fridge for 4 hours or until set

6. Cut the remaining Tim Tams in half. Serve the cheesecake topped with whipped cream and the remaining Tim Tams.



Pavlova Trifle

By Tom Price Senior High School
Recipe from - Australia

Ingredients

- 2 C thickened cream. whipped to soft peaks
- 100g Coles vanilla Meringue Kisses
- 100g Coles Flavoured Meringue Kisses

Custard

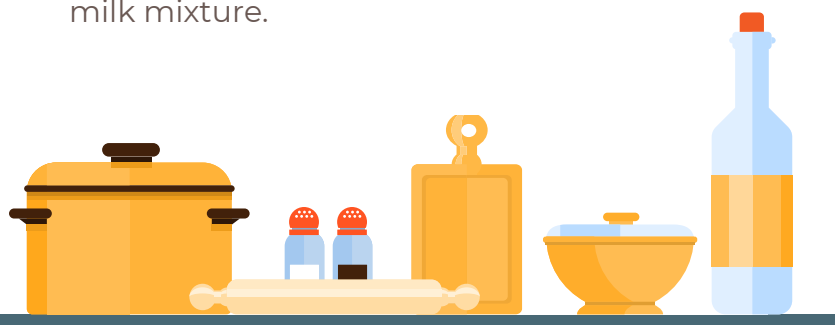
- 1½ C (375ml) full cream milk
- 1½ C thickened cream
- 5 Egg yolks
- ½ C caster sugar
- 2T cornflour
- 30g unsalted butter, cubed, softened
- 1t pure vanilla extract
- 1/2 tsp sea salt flakes

Macerated fruit

- 250g cherries, halved, pitted
- 1 white peach, pitted, cut into 2cm wedges
- 1 yellow peach, pitted, cut into 2cm wedges
- 1 white nectarine, pitted, cut into 2cm wedges
- 1 yellow nectarine, pitted, cut into 2cm wedges
- 1 / 4 C lemon juice
- 1/4 C caster sugar
- 250g raspberries

Method

1. To make the custard, place milk and cream in a medium saucepan. Stirring occasionally, bring to a simmer over medium heat.
2. In a large heatproof bowl, vigorously whisk egg yolks, sugar and 1/2 tsp of sea salt flakes for 3 minutes or until very pale and light. Whisk the cornflour into the egg mixture, then gradually whisk in the hot milk mixture.



Pavlova Trifle

By Tom Price Senior High School
Recipe from - Australia

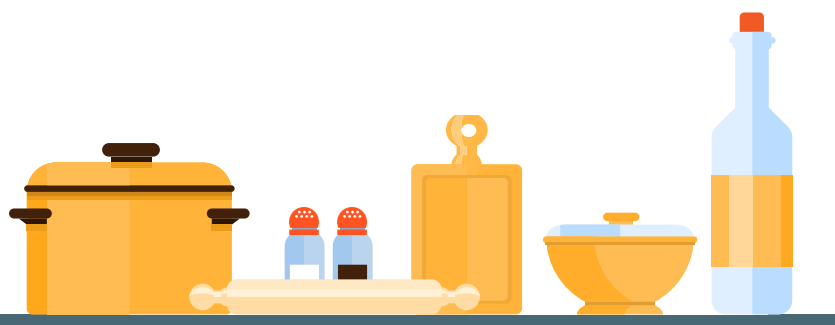
Method cont.

3. Return mixture to a clean saucepan. Cook, whisking constantly over medium heat until a few bubbles burst on the surface and custard is thick and glossy. Remove from heat and whisk in the butter and vanilla. Strain the custard through a mesh sieve into a shallow container. Quickly cover with plastic wrap, pressing directly onto surface of custard. Chill until cold and thickened.

4. To make macerated fruit, toss cherries, peaches, nectarines, lemon juice and sugar in a bowl to coat. Stand at room temperature, tossing occasionally for 30 minutes or until juices start to form. Gently fold in raspberries

5. Spoon $\frac{1}{3}$ of the cherry mixture into a 12 cup (3L) glass serving dish. Top with $\frac{1}{3}$ of the custard, $\frac{1}{3}$ of the whipped cream and $\frac{1}{4}$ of the meringues. Repeat with remaining cherry mixture, custard, whipped cream and $\frac{2}{3}$ of the remaining meringues. Chill for 30 mins

6. Decorate the trifle with remaining meringues to serve



Apricot and Ratafia Sponge Cake

By Balin Walton
Recipe from - Italy

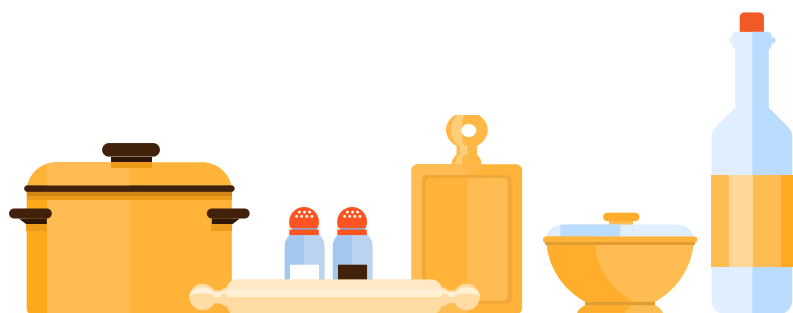
Ingredients

- 200g softened butter, plus extra for the tin
- 200g caster sugar
- 200g self-raising flour
- 1 tsp baking powder
- 4 large eggs
- ½-1 tsp almond essence (optional)
- 410g can apricot halves in natural juice, drained, 100g roughly chopped, remainder halved
- 85g ratafia or amaretti biscuit (keep ratafias whole or break the amaretti)
- 25g flaked almond



Method

1. Heat oven to 180/160(fan.
2. Butter the base and sides of a 22cm loose-bottom cake tin and line with baking parchment. STEP 3: Put the butter, sugar, flour and baking powder in a large bowl.
3. Break in the eggs, add the almond essence, if using, then beat with an electric mixer until smooth and creamy.
4. Set aside a quarter of the mixture, then stir the chopped apricots and 25g of the biscuits into the remainder.
5. Spoon into the tin and lightly smooth with the back of the spoon.
6. Bake for 25 mins until the cake is almost set.
7. Meanwhile, stir the apricot halves, remaining biscuits and flaked almonds into the reserved cake mixture until well mixed.
8. Quickly dot the extra cake mixture onto the part-baked cake, then return to the oven for 20 mins more or until a skewer inserted into the centre of the cake comes out clean.



Beef Burritos

By Dante Robinson
Recipe from - Mexico

Ingredients

Seasoning

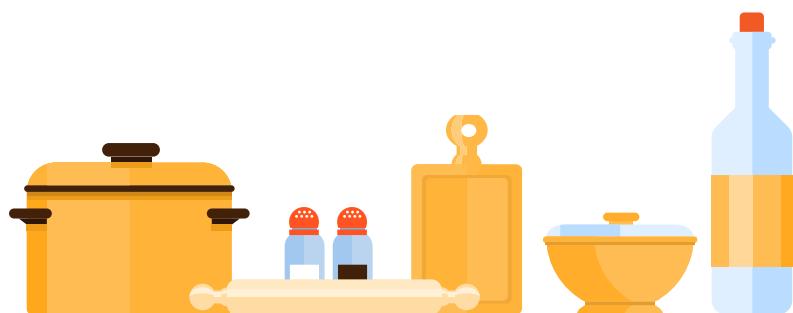
- 1 tsp each onion powder, dried oregano, salt ,... 2 tsp each dried cumin powder, paprika
- 2 tsp black pepper
- ¼ tsp cayenne pepper

Beef

- ½ T olive oil
- 2 garlic cloves
- ½ onion, finely chopped
- 500g beef mince (ground beef) ,-i: 2 T tomato paste
- 3 T water

Burritos

- 6-8 large soft flour tortillas or round wraps
- 3 cups cooked rice
- 3 cups iceberg lettuce, finely chopped
- 1 cup black beans
- 3 tomatoes, diced
- ½ onion, finely chopped
- Finely chopped coriander
- 1 ½ cups shredded cheese

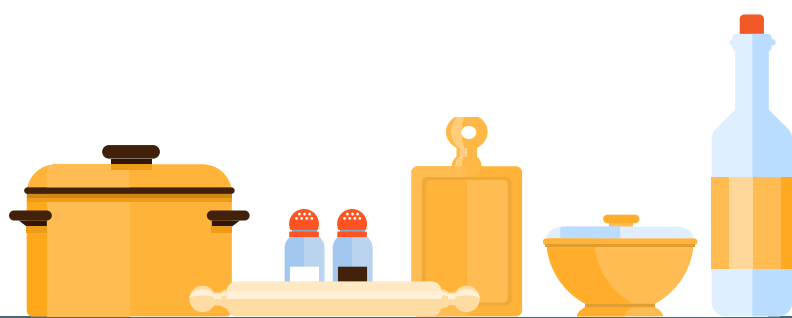


Beef Burritos

By Dante Robinson
Recipe from Mexico

Method cont.

1. Heat oil in a skillet over high heat. Add garlic and onion, cook for 2 mins until onion is lightly browned. Add beef and cook, breaking up as you go, until it turns from red to brown.
2. Add taco seasoning and cook for 1 minute. Then add tomato paste and water, cook for 3 mins until the water is mostly evaporated but the beef is still juicy, not dried out. Set aside to cool for 10 mins-piping hot filling will steam the burrito, making the tortilla soggy.
3. Optional: if not warming rolled burrito, warm the tortillas before rolling.
4. Place a burrito on a work surface. Place $\frac{1}{4}$ - $\frac{1}{3}$ cup of rice just below the centre. Top with $\frac{1}{4}$ - $\frac{1}{3}$ cup beef, then some lettuce, black beans tomato, a sprinkle of onion, coriander and cheese.



Belgian Waffles

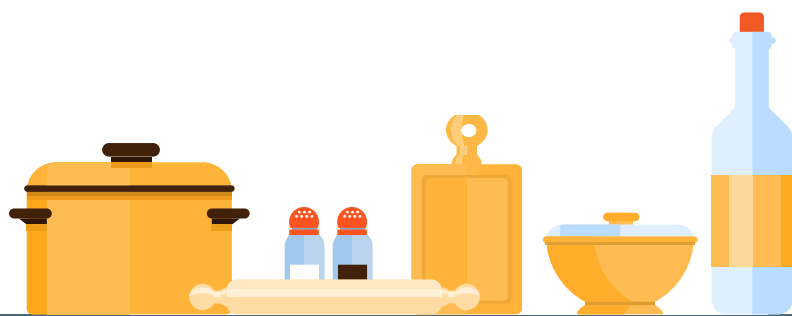
By Tom Price Senior High School
Recipe from - Belgium

Ingredients

- 1 1/3 cups lukewarm milk
- 6 tbsp unsalted butter, melted
- 2-3 tbsp maple syrup
- 3/4 tsp salt
- 1 tsp vanilla extract
- 2 large eggs
- 2 cups unbleached, all purpose flour
- 1 1/2 tsp instant yeast
- Vegetable oil spray

Method

1. Combine all the ingredients in a large bowl, leaving room for expansion; the mixture will bubble and grow
2. Stir to combine; it's fine if the mixture isn't perfectly smooth
3. Cover with plastic wrap and let rest at room temperature for 1 hour. The mixture will begin to bubble. You can cook the waffles at this point or refrigerate the batter overnight to cook waffles the next day
4. Preheat your waffle iron. Spray with non-stick vegetable oil spray and pour 2/3 to 3/4 cup of batter (or the amount recommended by manufacturer) onto the centre of the iron. Close the lid and bake for the recommended amount of time, until the waffle is golden brown (about 5-6 minutes on a standard 7" Belgian-style deep pocket waffle iron).



ANZAC Biscuits

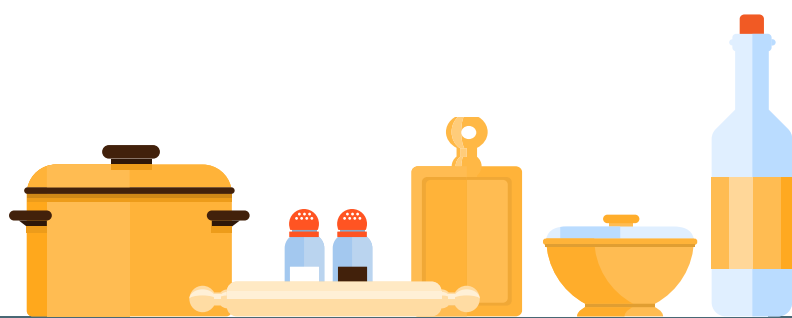
By Tom Price Senior High
School
Recipe from - Australia

Ingredients

- 1 cup rolled Uncle Toby's oats
- 1 cup plain flour
- 1 cup firmly packed light brown sugar
- ½ cup desiccated coconut
- 125g butter
- 2 tbsp golden syrup
- 1 tbsp water
- ½ tsp bicarbonate soda

Method

1. Preheat the oven to 160°C
2. Grease two oven trays and line them with baking paper
3. Combine oats, flour sugar and coconut in a bowl
4. Stir butter, syrup and water in a small saucepan over low heat until smooth then add bicarbonate soda
5. Stir wet mixture into dry mixture until well combined
6. Spoon level teaspoons of the combined mixture onto baking trays, flattening slightly and leaving about 3 inches of space between each
7. Bake in the oven for 20 minutes then allow to cool





Office Hours

Monday to Friday
8.00am – 4.30pm

Postal Address

PO Box 567
Tom Price, Western Australia 6751

Phone: 08 9188 4444

ashburton.wa.gov.au